

# SPOKE

## Conestoga College, Kitchener

JUNE 28, 1999

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## Cambridge link still planned for transit services

By Chadwick Severn

A Cambridge Transit bus paid several visits to Conestoga College on June 18, a surprising sight for many students who expect to see only Kitchener Transit gracing the roadways of Doon.

The visits were part of a test by the two transit systems to prepare for an eventual link between the two cities via public transit.

"We were just looking at routing, timing and schedule adherence," said Kitchener Transit planner Joanne Woodhall.

The cities cannot put the link into service yet, since Trentway-Wagar owns a monopoly over the transportation corridor set by the province.

"We are going ahead on our own to make it work regardless," said Sandy Roberts, the supervisor of marketing and administration for Kitchener Transit. "We'll move ahead (in the planning) and then get permission."

Woodhall said the earliest that

the transit system could get permission to start the link would be next year.

#### NEW TELEVISIONS

Although Kitchener Transit riders cannot get to Cambridge yet, they can watch television while going to many other Kitchener destinations.

The media company Images framebyframe has installed pairs of televisions in five buses, and plans to install many more over the summer.

"They produce commercials and videos, and we're going to design our own network with service information, community news, community events, and generally entertain people while on the bus," said Roberts.

The volume on the TVs will be kept low, so that customers who prefer to do other things on the bus will not be distracted. Keeping the bus driver free from diversions is also important.

"We've had one or two comments see More perks - page 2

### Charge of the Light Brigade



Robert Sharpe rides Madison at the Golden Triangle Premier horse show June 18 at the Kiwanis Park in Kitchener.

(Photo by John Oberholtzer)

## New provincial ministry representing colleges

By Brad Dugard

Ontario's colleges and universities will now have a much clearer voice in the provincial legislature thanks to the recent announcement by the government that a new cabinet post will be created.

On June 17 Premier Mike Harris introduced the "Jobs and Growth" cabinet, which, among other things, will split the Education Ministry into two parts: the Ministry of Training, Colleges and Universities and the Ministry of Education which will cover elementary and secondary schools.

The new ministry for post-secondary education will be headed by Dianne Cunningham, the MPP for London North.

Cunningham has been a member of the

provincial legislature for 11 years, after winning a by-election in 1988 and re-election in '90, '95 and '99.

A former teacher, educator and self-employed professional with a management and consulting business, she first entered politics in 1973 when elected as a school board trustee in London.

Cunningham served provincially as the critic for the Ministry of Education during the NDP government and ran against Mike Harris for the leadership of the Progressive Conservative party in 1990.

In the last government, Cunningham served as the minister responsible for women's issues and as intergovernmental affairs minister.

Billing the new cabinet as one that will focus on keeping the economy strong for the 21st century, the new Ministry of Colleges and

Universities is expected to place emphasis on preparing students for the job market.

In a press release, Harris said, "This is a competent and energetic cabinet that is willing and able to get the job done - to position Ontario to compete with the best in the world and win. These are the men and women I am counting on to keep our province on the right track."

Janet Ecker, formerly the social services minister, was given the role of minister of education, replacing Dave Johnson, who lost his riding in the June election.

Quoted in the London Free Press, Cunningham said she is not disappointed with the role she will play in the cabinet.

"I was a big proponent of splitting the Education Ministry and I am quite happy with either job."

#### Ontario's new cabinet

**Premier:** Mike Harris  
**Deputy Premier, Finance Minister:** Ernie Eves  
**Health and Long-Term Care:** Elizabeth Witmer  
**Education:** Janet Ecker  
**Training, Colleges and Universities:** Dianne Cunningham  
**Management Board Chairperson:** Chris Hodgson  
**Community and Social Services, Francophone Affairs:** John Baird

**Transportation:** David Turnbull  
**Environment:** Tony Clement  
**Economic Development and Trade:** Al Palladini  
**Tourism:** Cam Jackson  
**Attorney General, Native Affairs:** Jim Flaherty  
**Solicitor General:** Dave Tsubouchi  
**Natural Resources:** John Snobelen  
**Northern Development and Mines:** Tim Hudak  
**Correctional Services:** Rob Sampson  
**Municipal Affairs and Housing:** Steve Gilchrist

**Agriculture and Rural Affairs:** Ernie Hardeman  
**Intergovernmental Affairs, Government House Leader:** Norm Sterling  
**Energy, Science and Technology:** Jim Wilson  
**Consumer and Commercial Relations:** Bob Runciman  
**Labour:** Chris Stockwell  
**Citizenship, Culture and Recreation, Seniors' Issues and Women's Issues:** Helen Johns  
**Children's Issues:** Margaret Marland  
**Chief Government Whip, Deputy House Leader:** Frank Klees



## Pond levels below normal

By Charles Kuepfer

Water levels remain low in the ponds at Conestoga College's Doon campus, despite an Environment Canada report saying that it has been the third-wettest spring on record for all of Canada.

The report, released June 10, compares climate data from March, April and May to data from 52 years ago.

The study shows drastic regional differences. The prairie regions have had their second-wettest spring on record with a 56 per cent increase, while precipitation amounts are down by 29 per cent in the Great Lakes-St. Lawrence region.

### Levels a concern

Barry Milner, director of physical resources for the college, said he is concerned about the low water level of both ponds, especially the one located outside the cafeteria.

"We'll need a lot more run-off to bring it up to normal levels," said Milner. "It would be nice to have more in that area, primarily for the fish in the pond and the plant life."

Milner said there are different opinions on what constitutes a low water level.

However, he said the water levels for the ponds are higher this year than they were last year at this time.

Milner is unsure if the water level will rise any time soon.

The weather is something he doesn't pretend he can predict and he doesn't think others can, citing the inaccuracy of daily weather reports.

The Farmer's Almanac had predicted a colder and wetter spring, but Milner noted there have been three or four heat waves already.

The water levels at both of the college's ponds are aided by the water table, the level below which the ground is saturated with water. The ponds are used for storm management.

### Overflow water

The one outside the cafeteria collects the water from west of the main building including the building's B, C and D wings, and parking lots 11 and 12.

The other, located by parking lots 2 and 4, receives the overflow water from the pond by the cafeteria. It also collects the water from the A wing of the main building, parking lots two through 10, and the buildings between them.

The water level in this pond can be adjusted by a weir, a door-like device which regulates the flow of water. The pond was excavated and a culvert was inserted in the early '90s, so that water could flow down the culvert to a dry well, which is located east of Parking Lot 3. The dry well is hidden underground and cannot be seen by passers-by.

## Students volunteer time, gain experience

By Charles Kuepfer

Habitat for Humanity, which helps build affordable housing for less fortunate families, is encouraged after seeing more youth and young adults making a "positive contribution to the lives of others." The Waterloo Region affiliate of Habitat for Humanity currently has two projects under way, one in Kitchener at 84-86 Sydney St. and the other in Waterloo at 298 Westvale Dr.

The homes are built exclusively by volunteers, who donate both their time and skills to construct houses, from the laying of the foundation to the shingling of the roof.

Ruth Black, who organizes volunteers for the project, is thrilled at having youth help out.

"Absolutely," said Black. "They've got skills and they get to work with people who have been in the trades for a number of years."

She said it shows that the youth have community spirit, giving back to the community by volunteering their time.

"The student volunteers are good workers, who are usually eager to help and participate."

Last year, students from Conestoga College's Guelph campus helped build a garden shed at one project, while another student was a member of the building committee and did some duct taping as well.



Cornell Duma hammers some spikes into part of the sub floor. Habitat for Humanity is building a house for Duma and he is obligated to put in sweat labour.

(Photo by Charles Kuepfer)

Black also recalled another college student, not from Conestoga, who wanted some drafting experience and drew up some prints to see if they could be interpreted correctly.

She said students often simply volunteer just to gain some experience.

"(They come) to see how it really all comes together."

Black has received about four applications from Conestoga College students wanting to help.

The organization sent representatives, including Black, to the college in April to speak

to construction engineering students and inform them of the present volunteer opportunities. While the projects are already under way, it is not too late to volunteer. Anyone interested can contact Black at the Waterloo Region office at 747-0664. All volunteers are required to register and fill out waiver forms. Volunteers must have their own work boots. Hard hats and gloves are supplied.

There are a number of volunteer positions to be filled, including general labourers and skilled and semi-skilled labourers for various jobs including concrete finishing, framing, carpentry, trim work, drywalling and taping, painting, siding, plumbing and electrical installations.

Habitat for Humanity was founded in 1976 and is a non-profit Christian-based organization. It has built more than 70,000 homes worldwide. In Canada, about 300 homes have been built to date, while 27 homes have been built or renovated in Waterloo Region since the organization moved into the area 10 years ago. The latest project was completed last month at 260 Dolph St. in Cambridge and was made possible by the efforts of 174 volunteers.

## Broadcasting opportunities

## Conestoga grad hired by Kitchener Rangers

By Brian Gall

A 21-year-old who has just been hired as a manager of events and public relations, Conestoga grad Lindsay Coombes, says being young, energetic and enthusiastic will help in her new job.

A graduate of the broadcasting, radio and television program in 1998, Coombes will begin work with the Kitchener Rangers of the OHL on June 28.

With a resume that includes six years of traffic sales and promotion research experience at 570 C K G L / 9 6 . 7 CHYM FM, and a year of marketing and administration work at the Guelph Storm of the OHL, she said her training at Conestoga helped her get her new position.

"Without my media background, I don't think I would have (even) gotten the job," she said.

Coombes will be a part of a young front office at the re-building Rangers, and said she thinks her energetic qualities were chosen over those who were older and had more traditional ideas.

"With the team being so young, they wanted to reflect that in the front office as well. (They wanted to) give a fresh, new, young start to the marketing."

She said being young, and hav-

ing some experience in sports marketing with the Guelph Storm, where she worked for her college co-op placement, will help her to be creative at the Rangers.

"Before I was working with ideas that were already put together. With this, I am actually going to be creating my own ideas. It gives me a chance to be innovative."

Her experience in radio will also make it easy for her to change from working in the media to assisting the media.

"To switch sides is very easy to do because I know both. Being in the media, I know what they are looking for, and I know what to give from a marketing standpoint."

Her position includes all aspects of media relations. Making sure the media has player profiles (which she will write) and correct stats, as well as dealing with press conferences and merchandising is all part of the job. She will organize any events that players might be at, and all of the promotions during the season.

Hoping to bring in some creative ideas, Coombes wants to get a Web site for the team and increase the amount of merchandise that is currently available.

"We have a pretty cool logo, and we have fans that really come out

to support the team," she said. And getting support for more merchandise wouldn't be hard, she added.

She has always had a love of sports. With two cousins playing professional hockey, one for Nashville of the NHL and the other for Hamilton of the AHL, she has been around the game. And combining a love of sports with marketing was an idea she discovered after attending Conestoga.

"I actually wanted to be a sports broadcaster (before), that's why I took the broadcasting program."

### continued from page one

not really complaints (from drivers)," said Roberts. "What volume is the best is different in the front than the back."

Roberts said the five buses have been in service on a variety of routes for a couple of weeks, but were all placed on one route last Wednesday so that a group of people could speak to customers to get feedback on the TVs.

Kitchener Transit also has announced that Sunday service on the No. 7 Mainline to Conestoga Mall bus will be increased by four trips, with new arrivals and departures from the mall at 9:45 a.m., 10:50 a.m., 6:20 p.m. and 7:05 p.m.

Woodhall said other service improvements are on the drawing

board, but implementation will have to wait until funds are available. One change awaiting those funds is full Sunday service on the No. 12 Fairview to Conestoga route.

With marketing being a full-time class throughout the three-year program, Coombes said the course doesn't isolate students into just writing copy or announcing.

"In fact, most of the people I know from my course that are working full-time, aren't announcers. They're doing all of the other things within the broadcasting field. There are so many different things it can lead to."

## More perks for bus riders

board, but implementation will have to wait until funds are available. One change awaiting those funds is full Sunday service on the No. 12 Fairview to Conestoga route.

"It's something we've wanted to do for several years," said Woodhall. "If anything, you'll see it next year."

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# Loft holds Record's history

By Andrea Jesson

When Brad Stanton opened the door into the loft of his 48-year-old home the last thing he thought he would see was a little bit of our region's history. Stanton, 27, said he was amazed to find newspaper plates of the Kitchener-Waterloo Record from 1949 covering the insulation in the loft of his home on Pleasant Avenue in Kitchener. He discovered the plates while he was adjusting wiring in the loft off the master bedroom he was renovating.

"I opened the loft door, turned on the light and instead of dry-wall, the insulation was covered with these plates," he said.

After close inspection, he finally realized the plates were from May and July 1949.

"I was amazed and the excitement hit me when I realized they were nearly 50 years old, to the day," he said.

It was only after Stanton had a discussion with his neighbour, Mike Sauchuk, that he realized how the prints got there in the first place.

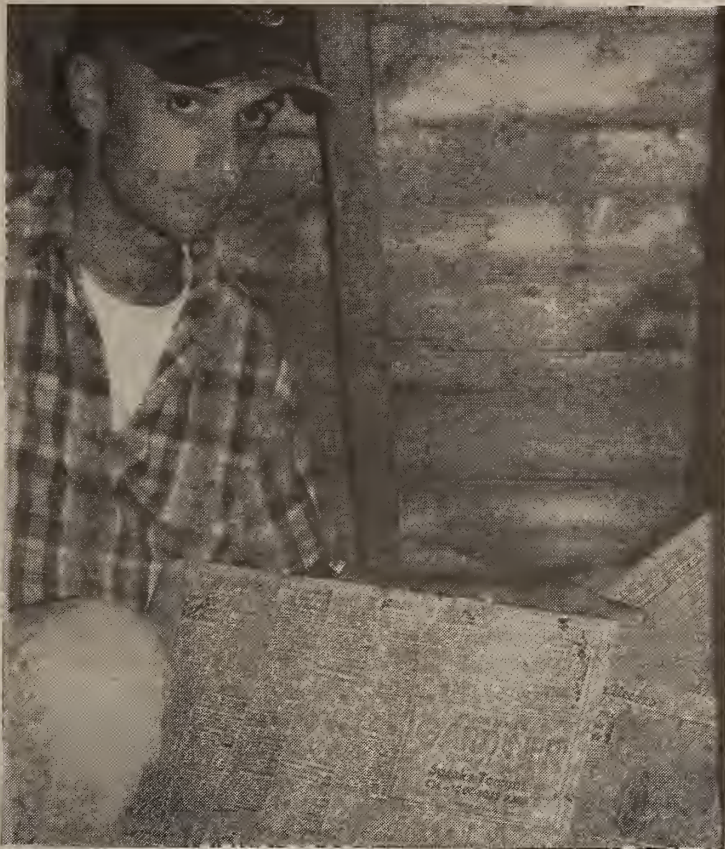
Sauchuk, 78, has lived on Pleasant Avenue since he was 21 years old and told Stanton that he helped to build the home he is now living in, almost half a century ago.

Sauchuk told Stanton he helped his neighbour and friend, Bill McGowan, build the house in 1949. At that time, McGowan was the managing editor at The Record.

Stanton laughed, remembering Sauchuk's impression of his friend as being "a tight old sod" for lining his loft with newspaper plates instead of drywall.

Stanton said that being a handyman himself he had suspicions about the structure of the house before he spoke with Sauchuk. He could tell the house was self-made compared to all other houses because of the different characteristics it possessed.

"The baseboard and the vents are all handmade," he said. "If I went



Brad Stanton holds up the newspaper plates he found while renovating the insulation in his loft. The plates are dated from editions of the 1949 K-W Record.

(Photo by Andrea Jesson)



to Home Depot I couldn't find anything like it to fit."

Because the house was self-built, Stanton said, it has its own character. The wood beams in the workshop above the garage are red cedar and the doors are three inches narrower than any other door.

Stanton said his neighbour is full of stories about the year he and McGowan built the house and he specifically remembered the summer they built the retaining wall. He said the wall took the entire summer to build and was made of broken up concrete from the sidewalks of downtown Kitchener.

After putting the puzzle together, Stanton realized how precious these works of history may be to

The Record. He contacted Lynn Richardson, The Record's historian, to let her know of his discovery.

Stanton said Richardson was thrilled to hear of his findings, but said they have no value because The Record has all the stories compiled on microfiche. However, she did say they have only one other like them in The Record's museum.

On the negative side, Stanton was warned by Richardson that the plates could contain asbestos because they are from the old lead pressings used 50 years ago. It is not known for sure how much asbestos content the plates have, or if they have any at all.

"If it (the content) was five per cent that's OK," said Stanton. "But 50 per cent is a threat to your health."

## Security cords being installed

By Brian Smiley

Students and staff travelling through the halls in the college's main campus at Doon may be wondering what people are doing on ladders, taking tiles from the roof.

What these people are doing is beginning the installation of cords, which will carry wires to the new closed-circuit television system being implemented at the college.

This is the first step in setting up the new cameras, which will monitor activity strategically around the college.

"We're hoping to get the wire in soon, and then the cameras installed," said Al Hunter, supervisor of security services.

Back in May, Hunter said the cameras were being set up to provide safety and security for the staff and students at the college. These cameras will be primarily located in the A and B wings of the college, but eventually throughout the entire school.

The cameras, set up with a multiplexer unit, will allow security to monitor up to 16 different locations

at one time. It will also be equipped with two video recording units.

One of those VCRs will record and the other may play back a previously recorded tape. The two monitors will be located in the security offices.

Hunter said the cost would total around \$9,000, of which a substantial amount was donated by the Doon Student Association. Hunter said the cost of the project is also being offset in other ways.

Currently two former students are running cords throughout the school so wiring can be put in place.

"We're hoping to have physical resources and students do that work," Hunter said, in reference to the wiring.

As for the camera installation itself he said the suppliers of the cameras will do that work.

All told, the supervisor of security said by employing some of the people around the college to do the work, the cost will be greatly reduced.

Work will continue throughout the summer on the project.

"We're hoping to get the wire in soon, and then the cameras installed."

Al Hunter

supervisor of security services

## Meter damage estimated at \$3,000

By Brian Smiley

Last month one of the daily ticket vending machines in Parking Lot 11 was damaged and now the bill has come in.

Al Hunter, supervisor of security services, said the damage was approximately \$3,000 and the meter is now fixed.

"I believe the machine is going to be reinstalled today (June 18)," Hunter said.

He said it appeared as though someone tied a chain to the machine and tried to remove it from its pole with a vehicle.

A report was filed with the Waterloo regional police and the investigation is continuing. Currently, Hunter said the police have no suspects.

When the perpetrator succeeded in removing the machine, sometime on May 15 or 16, damage was done to the internal mechanisms and base of the machine, necessitating the \$3,000 repair.

People who wished to park in this lot were asked to report to security to pay the daily charge, while the meter was being fixed. Hunter said there were no complaints about the inconvenience.

"They've been pretty accommodating and we've been pretty accommodating," he said.

The machine is emptied daily and Hunter said because of the time when the crime occurred, there wasn't any money left in the machine.



Al Hunter, supervisor of security services, stands in front of some of the items collected from lockers and stored in a new room off the loading docks in the B-wing.

(Photo by Brian Smiley)

## Security claims leftover belongings

By Brian Smiley

Students were warned about leaving items in lockers and now, after locks have been cut and lockers emptied, the numbers are in.

Al Hunter, supervisor of security services, said his staff cut 450 locks and inside 126 lockers were items that students left behind.

"We try to make every effort to contact them (students)," he said, "but ultimately it's the student's responsibility."

Hunter said that last August security placed the items in a room in the D wing. However, this year they have their own room off the loading docks in the A-wing, near the security offices, where the property is being stored.

Items were catalogued and placed on shelving in the room, until security begins trying to contact the students who own the belongings. Hunter said minor items, like lunch bags, are tossed out, but things that are worth more are stored for six months.

"The high value stuff, we like to try to give back," he said.

One package security guard Cliff Laurin opened had valuables worth more than an estimated \$1,000.

If these items are not picked up within that time frame, Hunter said they are donated throughout the college and community.

"The stuff we can use, we certainly try to re-circulate," he said.

Books are given to the Doon Student Association (DSA), scientific calculators to special needs, clothing to the Salvation Army and knapsacks to the boy scouts.

Since there are so many items that need to be picked up, Hunter is working on getting some help in locating the people who own the property.

"I'm going to approach the DSA to try and work on this with us," he said.

Students will have until around January to pick up any items they may want. The security office is located in 2B16.



# Courts no longer lenient with the young offenders

At the age of 10, when most boys are interested in toys, sports, playing arcade games and going to movies, Adam Laboucan sexually assaulted a three-month-old baby who was in his care.

At 11, Laboucan raped and drowned a three-year-old child in a pond.

On June 18, in the British Columbia Supreme Court, Laboucan became Canada's youngest dangerous offender.

Judge Victor Curtis ruled that Laboucan should be jailed indefinitely because he believes there is a high chance Laboucan would reoffend when angry or under stress.

On that same day and in the



Lesley Turnbull

same province, Judge Malcolm Macaulay decided to send 18-year-old Warren Glowatski to a prison for adult men.

Glowatski was found guilty earlier this month of beating and drowning 14-year-old Reena Virk in a suburban tidal pool and received a mandatory sentence of life with no parole for seven years.

Macaulay said Glowatski is a troubled, immature young man who should serve his sentence in a federal institution where he can get help.

I am relieved that the courts are coming down harder on young offenders who commit unimaginable crimes such as these.

No good can come out of being lenient on these types of criminals.

The best help we can give them is tough punishment.

We've come to a point in time when we cannot allow young offenders to not be responsible for

what they do.

Too many young adults have viewed the law as something that is easily manipulated and their records as something that can be easily erased with time.

As a society we need to realize that children who do horrible things like Laboucan and Glowatski did are not "just" children and shouldn't be given leniency due to their age.

In my mind, I gather criminals into one category no matter what the age. What difference does it make whether they are 13 or 31?

If a young adult executes a plan to hurt or kill someone, then what difference does their age make?

If they're big enough to commit the crime then they're big enough to take the consequences that go with it.

And if that means living with the big boys and girls in adult prison, so be it.



# Everybody into the pool: a great Canadian pastime

When Brett Hull whacked the puck past Dominik Hasek to give the Dallas Stars a 2-1 overtime win over the Buffalo Sabres and their first Stanley Cup, I couldn't help pumping my fist in the air. I'm sure many hockey fans had this reaction, but I had my own special reason for breaking my ring finger on the low ceiling in our basement.

Was it because I'm a huge Dallas Stars fan?

Nope. As far as I'm concerned, the state of Texas put the red in redneck. Despite years of being annoyed by Irv Weinstein, Ed Kilgore and the rest of the slightly biased Buffalo media, I would have preferred to see the Sabres win rather than have the Cup be used for target practice by the NRA for the next year.

Was I excited the high-scoring Golden Brett was going to get his championship ring after all these years?

Not really. I don't quite understand the wave of sentimentality that overtakes some sports fans when a veteran player is denied



John Oberholtzer

this sacred honour. I can just hear one of those overbearing announcers if Dallas had lost - "Brett Hull could spend the rest of his life being haunted by the ghost of Lord Stanley."

Not having a Stanley Cup ring isn't exactly a tragic circumstance, especially to guys living in cardboard boxes underneath the overpass who, for all we know, are wearing jackets made out of Hull's father's old toupees.

No, the reason for my elation was my victory in that most Canadian of pastimes, the hockey pool. I can't skate, I can't shoot a puck, I can barely roll off the couch, but I can win cash betting on which combination of players will score the most points.

For the uninitiated, a hockey pool consists of several guys getting together to draft a team of players whom each participant hopes will total the most goals and assists in the playoffs.

This procedure can take four or five hours, as each hockey fanatic pours over scoring statistics and picks anywhere from 10 to 20 players. This year we stopped at 15 when someone realized we were taking players who were not only retired, but were also deceased.

Most importantly, everyone kicks in, say, 20 bucks and the

winner claims the pot at the end of the playoffs.

The joke around the draft table this year was that I was using the scoring totals from 1989, since many of my players (Yzerman, Bourque, MacInnis, Clark) were decidedly long of tooth.

But as things turned out, the old boys came through and despite not having any players in the finals, I managed to eke out a victory. (Hull's goal, assisted by Mike Modano, brought my closest competitor to within one point of my winning total. Sadly, there is no money for second place, although I'll be sure to give him a hearty handshake).

There's a note of sadness as the season ends and I'm reminded of how this sport I love (gambling) will never be quite the same.

To me, the measure of Wayne Gretzky's greatness is not in his slick passing, deft stick-handling or the delectable chicken wings served at his restaurant in Toronto, but in the fact that he has often been excluded from hockey pools. Gretzky scored so many points in his years with the Edmonton Oilers, one could have picked the Great One and Shania Twain (who really only had one good year) and still cruised to victory.

You were fun to watch Wayne, but you never won me any money.

# Women must have the right to choose

Like so many other activists and supporters of reproductive rights, I am outraged at the attacks on our nation's dwindling number of abortion clinics. Our quest now must be to channel our anger into productive measures: ensuring women continue to have the right to choose.

On television I saw a young protestor, one who used to be a paid member of Missionaries to the PreBorn. There she was, marching with a sign, bragging to the camera of her many arrests.

What really infuriates me is the way anti-abortionists literally capture the moment when tragedies strike, using events like an abortion clinic getting bombed to boost their movement.

Is it just me, or don't their press statements, issued so quickly after the murders are committed and the bombs go off, sound a trifle contrived, a little too precise, for something supposedly thrown together at a moment's notice?

Long-time advocates of pro-choice, including myself, no longer believe in coincidence when it comes to our adversaries.

While some members of the press and law enforcement com-

munities shuffle around blindly, dissatisfaction with the media's handling and placement of bomb stories continues. I believe the media thinks if too much attention is given to these horrific incidents, it will only create more atrocities. The anti-abortionists are media vampires, but their increasing efforts to suck this country's soul bone-dry shouldn't go unchecked.

I believe in the right of a woman to terminate a pregnancy before fetal viability and later if it is of harm to the life of the mother. I do not support pro-choice as a form of contraception. The decision to have an abortion is between a woman and her conscience. No law should regulate what women do with their bodies.

In some cases it is in the best interest of the mother and fetus if a pregnancy is terminated. Various factors such as medical complications, fetal abnormalities, tragic events such as rape or incest, and teenage pregnancy are valid reasons for a woman to choose an abortion. Keeping abortion legal will ensure that situations that involve crisis or health risks to the mother or fetus can be handled safely and legally.

Abortion is not murder; unwanted cells are being removed safely and legally before they develop and grow into a human being.

Abortion should be legal and available to all women.



Carly Benjamin

# SPOKE

## Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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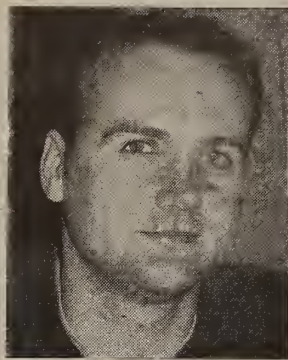
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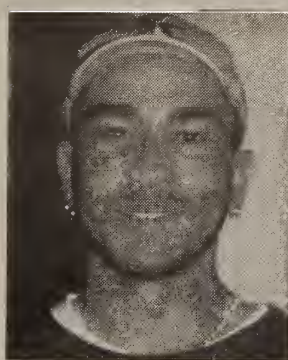




Greg Kraus, robotics and engineering student



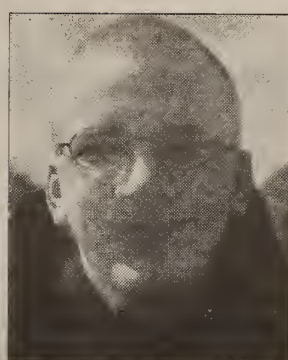
Kristin Murphy, computer program analysis student



Matt Gunzel, robotics and automation student



Donna Ryves, journalism student



Matt Fitzgerald, computer program analysis student



Doug Burrell, electronics engineering technology student

## Are students stung by the athletic fee?

Story & Photos  
By Andrea Jesson

In the past, the Kenneth E. Hunter Recreation Centre has been under fire concerning the students' right to use the facilities they pay for at any given time during the hours of operation.

Concerns from a parent, directed to the college, about why his daughter should have to pay a recreation and athletic fee when she doesn't use the facilities, was one incident which started the debate about recreation fees.

Recently, a student came forth with suggestions about a referendum on the athletic and recreation fees. The student believes his rights as a student are violated because he has been denied access to the recreation centre when outside events are taking place.

Out of a random survey of 10 students at the Doon Campus of Conestoga College on June 15, seven said that students should have the choice to pay the athletic and recreation fee based on whether or not they use the facilities.

Greg Kraus, a robotics and automation student, isn't happy with the lack of space and time available to students.

"It's booked all the time, but it's booked solid all summer," he said. "If they can't make it available in the summer, we shouldn't have to pay."

Roger Wood, also a robotics and automation student, agrees with the availability factor.

"You can never get into the facilities," he said. "Try playing bas-

### CAMPUS QUESTION

ketball when the Skills Competitions are going on."

Wood also believes that the college should not make students pay the fees if they are not athletically inclined and don't use the facilities.

Kristin Murphy, a CPA student, said students just pay the fee because it is on their tuition bill, but admits that a lot of students don't even know the fee exists. "It should be like any other club where you just pay as you go," he said.

However, some students like Rob McIntosh, an electronic engineering technology student,

believe the fee is just another tax students have to pay that they don't get any benefit from.

"I have to pay taxes to the public school system and I don't use that either," he said.

Matt Gunzel, a robotics and automation student, said his concerns lie with the fact that the facilities just are not up to par.

"I haven't seen any improvement in a long time, so why should we pay if nothing gets improved," he said. "The weight room is pretty pathetic."

Donna Ryves, a journalism student, said she doesn't have time to use it herself, but believes the students should pay the fees.

"It's socialism; somebody can't afford to pay it, so we should all

help out," she said. "If we don't pay now, we might find reasons later to use it."

However, Roy Moore, an electronics engineering technology student, believes that the money students pay for education goes towards services that each student uses, so students should have the choice on paying in terms of how often they use it.

"Just like a YMCA," he said.

Matt Fitzgerald, a CPA student, said although a lot of students complain, the funding is probably needed.

"It (the centre) wouldn't be able to afford to stay if students didn't pay," he said.

Doug Burrell, an electronics engineering technology student, and Petra Lampert, a journalism student, asked why they should pay if they don't use it.

## Doon Student Association redefines the student lounge

**Sanc-tu-ar-y:** n., 1. A place that is sacred or gives asylum 2. Room with bar, tuck shop, booths

By Michelle Lehmann

Within the next few weeks, students, staff and faculty can expect to see more construction workers on campus as the addition for the Sanctuary begins.

The DSA has been given around 225 square metres of space for the student lounge, on top of the existing 675 sq. m.

"The construction will bring about some major changes," said Ellen Menage, president of the Doon Student Association. "We're building an addition, not a separate area, because we still want the Sanctuary to be an open-concept area for students."

The DSA has created some good uses for the new space located in the hallway just beside the lounge, some lockers and classroom 1B20, said Menage. There will be a separate games room, a used bookstore/tuck shop, a special events bar, a new television lounge and restaurant-style booths.

The new design will have a separate games room with all of the games, except for the pool tables, said Menage.

"The reason for the isolated area is so when nooners are held, students can still play the games," she said. "The activities won't interfere with one another."

There will also be a used bookstore year round so students have access to those books at any point in time, said Menage. A part of the used bookstore will also sell various DSA paraphernalia and event items.

"We haven't finalized what will

exactly be sold," said Menage. "We have definitely designated an area in the used bookstore for a tuck shop."

Menage said there will be a special events bar built in the Sanctuary.

"The bar will be there all the time, but only licensed for special events. We will use it to sell pop for our movie nights."

There will also be a new television lounge to replace the one lost when the DSA offices expanded.

Finally, the DSA plans to have restaurant-style booths along the windows so students have more space to sit.

"It will be actual tables where students can play games or study," said Menage.

The DSA plans for construction to begin July 1 and hopes everything will be complete by Aug. 14.

"We are working on a very hectic and rushed schedule," Menage said. "We are looking for the basic cement walls and a little paint by August."

She said the ceiling will be taken out and new lights will be added to give the Sanctuary an open-concept feeling.

"It won't look like a classroom anymore. It will resemble a bar and that will make it more inviting for students."

The games room and used bookstore will have garage doors to give the room some character, she said.

"We are definitely looking for a new feel because right now we think the Sanctuary looks like a big classroom with couches. We want it to be totally separate from the school."

The design will allow the DSA to hold more night events like showing sports on the big screen. If the students enjoy the atmosphere more, they will be willing to come in, grab some nachos and watch the game, Menage said.

"We hope more students living in residences, houses or apartments in the area will make good

use of the additional facilities because there really is nowhere close for them to go."

As for decorating, the DSA has already decided on the purchases and where everything will go, she said.

The DSA wants things up and running by registration week. New students will become familiar with the area because they have to get photo IDs taken in the Sanctuary.

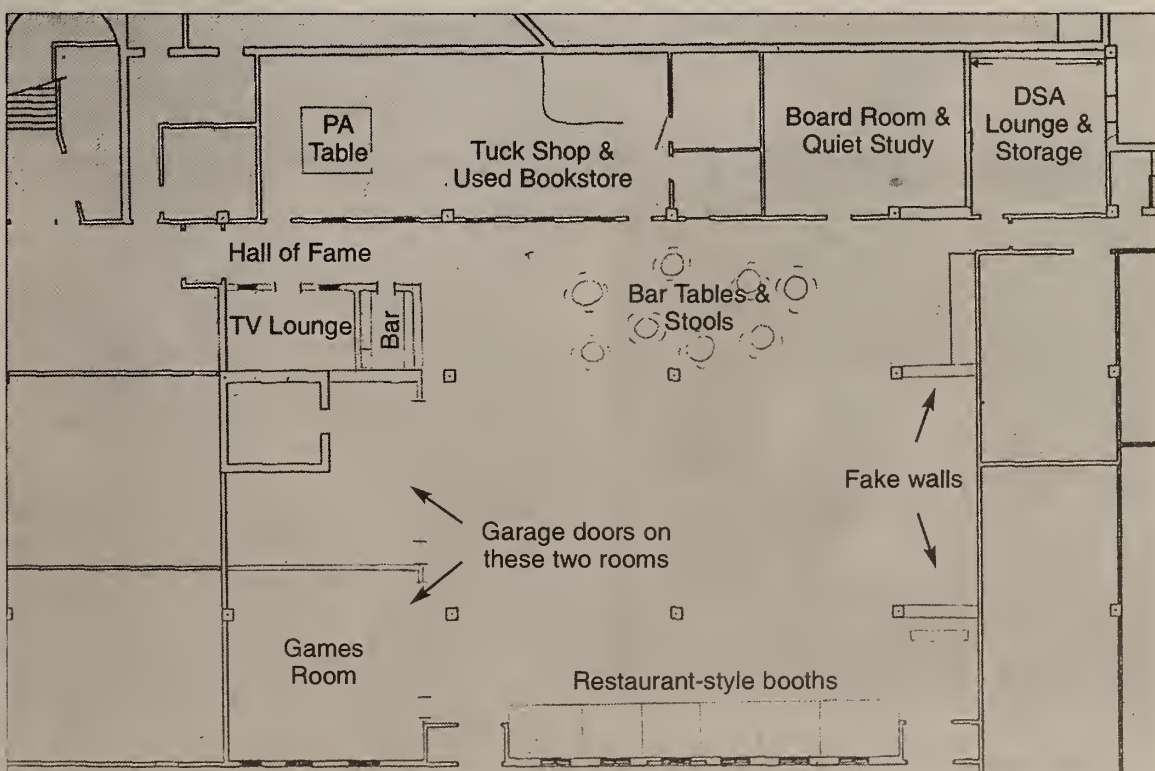
Menage said the cost of the addition will be covered by a surplus of money that has accumulated over

the past five years.

"We wanted to do something with the money that would last," said Menage. "We didn't think it was fair to spend the money on an expensive concert where only one group of students would be able to participate."

The DSA had been thinking about expanding for awhile and once the school allocated more space, the decision was easy, she said.

"Hopefully, everybody likes the changes in the Sanctuary," said Menage.





# Scuba diving: fun, safe activity for the summer

By Brad Dugard

Alicia Waller was nervous but excited as she slipped on her mask and snorkel before strapping on her scuba tank. It was her first dive and, while it was in a pool, the unknown can be intimidating.

Bruce Kingsbury, owner of Groundhog Divers on Victoria Street North, Kitchener, said that nervousness before the first dive is not unusual. However, he quickly added, scuba diving is also one of the safest sports on the face of the planet if the rules are followed.

According to Scuba Diving magazine, recreational scuba diving is safer than football, baseball, volleyball, tennis and even bowling.

"(Scuba) can be a very dangerous sport if the rules aren't followed," said Kingsbury. "But if divers follow the rules they were taught it can be one of the safest recreational activities."

This does not mean the novice diver needs to be a "fish"

in the water. In fact, Kingsbury is certified to instruct the physically challenged to scuba dive.

"The main qualification you need to dive is the desire to do

Rick Linton takes a dive.  
(Photo by Brad Dugard)



so," he said.

As a certified instructor for the Handicap Scuba Association, Kingsbury has instructed blind, deaf and even paraplegic people to dive.

Yvonne Kingsbury, Bruce's wife, who also runs the store, added sometimes the physically

As for the cost of certification, Bruce Kingsbury said it is not as high as some people might think.

For the person who is not sure if scuba is for them, he suggests taking a scuba experiences course. For about \$25 the prospective student is given some classroom instruction and then taken into the training pool to experience the underwater world.

"It is an opportunity to get wet and see if scuba is for them." Groundhog provides everything except the bathing suit and towel.

Once someone has decided they would like to take a course, the cost is \$125 for the six-week beginner class.

As far as equipment goes Scott Miller, an instructor with Groundhog, suggested starting with a good quality mask, snorkel, fins and weight belt. Renting air tanks and a wetsuit at a scuba store when starting out is a good idea to keep costs down.

"To start you can spend between \$270 and \$500 to get the basic equipment," said Miller.

He suggests getting the best quality mask right from the start since the correct fit is important to the comfort of the diver.

"There is a big difference between a good scuba mask and one sold at (a department) store," he said.

Open water training, a component of the basic certification, is done in Wiarton, Tobermory or Presquille, Ont.

More training is also available once the initial open-water training is completed including the advanced training course that allows divers to explore shipwrecks.

Miller said there are thousands

of shipwrecks in the Great Lakes but only approximately 900 have been discovered. He added that the site they visit in Tobermory is actually part of the National Marine Park Fathom Five which contains numerous shipwrecks.

Other classes offered by Groundhogs include scuba rescue, divemaster, assistant instructor ice diving and instructor.

The Groundhog dive school is recognized by several scuba associations and provides product sales and support. For more information call 742-5415 or see their Web site at [www.groundhog-divers.com](http://www.groundhog-divers.com).

"The main qualification you need to dive is the desire to do so."

Bruce Kingsbury,  
owner of Groundhog Divers



Bruce and Yvonne Kingsbury are the owners of Groundhog divers in Kitchener.  
(Photo by Brad Dugard)

## Doon Heritage Crossroads celebrates seniors month

By Janet Wakutz

June is senior's month and Doon Heritage Crossroads celebrated that fact by offering free admission to those 55 and older on June 16.

Wendy Connell, supervisor of programs at Doon, said seniors enjoy getting out and about including local retirement groups and other senior's clubs.

"We do our bit in recognizing they are a valuable part of society," she said.

The senior's day program included an Orchestral Regina

demonstration, The Happy Harmonica Band, quilting display, The Edwardian Ensemble in the Freeport Church and horse-drawn wagon rides throughout the day.

Connell said senior's day is just one of the events Doon plans throughout the summer. The next event will be an antique car show on Canada Day.

Connell was enthusiastic about a theme day scheduled for July 10 when they will host an Edwardian wedding.

Seniors came from as far as Newmarket to enjoy a picnic,

here before and I always enjoy coming back," he said.

On the other hand, Bill Hills, also of Kitchener, had never been to Doon before. He said he had read about senior's day at Doon in the paper. "It makes a nice change from the normal routine," he said.

Originally from England and retired for 10 years, Hills said he's glad he lives in today's age and not 100 years ago.

"It makes you appreciate what a modern convenience does for

"We do our bit in recognizing they are a valuable part of society,"

Wendy Connell,  
supervisor of programs at  
Doon Heritage Crossroads

you," he said.

Allen Leis and his son Ted, who volunteer at Doon to present and answer questions about their antique engine, said they had already talked to several people by noon.



Seniors enjoy a wagon ride as part of the festivities on Senior's Day June 16 at Doon Heritage Crossroads.  
(Photo by Janet Wakutz)

"These engines were used in their day and they're asking questions," said the younger Leis.

"There's quite a few people from England where steam and coal were used a lot longer than here," Allen Leis said.

Two couples, friends celebrating their wedding anniversaries on the same day (but different years) were on their way to St. Jacob's, saw an advertisement in the paper and decided to stop by.

Jerry and Jean MacMillan and

Elsie and Ken Broughton, all of Newmarket, were gathered on the porch of Seibert House. The house, originally located in Kitchener, was donated to Doon in 1964.

"I'm really interested in the gardens and the way they are laid out," said Elsie Broughton.

Jerry MacMillan, seated on the porch, said "I'm enjoying looking at all the girls, they're my age. Getting in for free was just a bonus."

MacMillan, who had visited Elora on the weekend and has visited St. Jacob's many times, said he wished he lived closer so he could contribute what he knows from living in the era depicted at Doon.



Jean MacMillan, Elsie Broughton, Ken Broughton (top from left to right) and Jerry MacMillan (seated) from Newmarket celebrated their wedding anniversaries at Doon on June 16.  
(Photo by Janet Wakutz)



# Survey says: students rank Conestoga #1

By John Oberholtzer

A provincial survey for community colleges conducted in the 1998 fall semester shows a majority of continuing education students at Conestoga College give good or excellent ratings to the college in most categories.

The survey, which is administered every two years, was filled out by 86,938 continuing education students at 23 Ontario community colleges and the results were compiled by Compustat Consultants. At Conestoga, 5,860 students completed the survey.

Schools are divided into one of three size categories (small, medium or large) and Conestoga was in the medium group with

Durham, Georgian, Loyalist, Niagara, Sir Sandford Fleming, St. Clair and St. Lawrence.

**"More and more people are coming back for certificate types of programs."**

*David Stewart,  
director of continuing  
education*

"The survey looks at everything from cafeteria and bookstore hours to teaching and learning," said David Stewart, Conestoga's director of continuing education.

"It covers the whole experience—from the time students register to the time they graduate from programs."

The main section of the survey is divided into five divisions: information and registration, services, general satisfaction and perceptions, teaching and learning, and safety.

The other section asks students questions on their personal background and computer preferences.

In the information and registration area, more than 87 per cent of students surveyed said the helpfulness of registration staff and overall ease of registration was good or excellent.

In reference to services, 67 per cent rated classroom or lab

equipment as good or excellent and 73 per cent found the library resources to be of a high quality.

However, one category where all colleges scored poorly was in the price of books. Seventy-five per cent of Conestoga students rated the prices fair or unsatisfactory.

The teaching and learning division, on the other hand, showed extremely positive results. Ninety per cent or more responded good or excellent in the following categories: instructor's knowledge of the subject, helpfulness of instructor, course content and usefulness of assignments.

Stewart said questions asked in the second section determined demographics. It showed that women between the ages of 35

and 44 who may be looking to return to the workforce made up the largest number of continuing education students.

"More and more people are coming back for certificate types of programs," he said.

The college also conducts its own evaluations for continuing education courses. Students fill out questionnaires so the administration and the teachers can evaluate the strengths and weaknesses of each course.

"I think a lot of (the teachers) value it because they then use it to tweak their courses and change things for next time around," Stewart said. "In the big, bad world of customer service, I don't think you can get any better than that."

## International students get first taste of winter sports

By John Oberholtzer

Summer has started and the beach is beckoning, but all Seliphab Phosalath wants to do is play hockey.

Phosalath, an international student from Laos, hasn't yet had the opportunity to lace up a pair of skates, but he and some of his friends put on their running shoes and recently got their first taste of a winter sport.

Phosalath was one of a group of around 20 international students who are currently enrolled at Conestoga College and who took to the ice at the recreation centre on June 18 for a friendly game of broomball.

Alycia Punnett, who is the activities co-ordinator for international students, smiles when she talks about the students' interest in Canada's national sport.

"They all want to play hockey," she said. "We thought we'd start

with broomball before trying something with skates."

With the aid of Larry Rechsteiner, the college's director of international education, Punnett arranges various special events for the students.

In the past month, they've gone bowling at the Brunswick Frederick Lanes, travelled to Canada's Wonderland and watched the movie Happy Gilmore in the student lounge. On June 26, the group was to travel to Toronto to see some tourist sites.

Jill Cummings, who teaches writing and grammar to international students, said most of the students at the broomball game arrived in Canada six weeks ago. They've come from countries all over the world, including China, Japan, Taiwan, Mexico, Korea and Colombia.

"They really love these activities," she said as she snapped pic-

tures of the students slipping and sliding on the ice. "They don't have classes on Friday so this is a really good turnout."

The students are enrolled in an English language studies program where they learn communication, grammar, conversation, listening comprehension and reading and writing skills which will allow them to eventually attend a Canadian university or college program.

Some international students stay at the Rodeway Suites student residence, while others choose the homestay program where, Cummings explained, they live with a local family and have more of an opportunity to practise their English.

Meanwhile, back on the ice, Maonan Bi, who was shivering at the beginning of the game, was now sweating.

"It's hot," he said as he wiped the perspiration from his glasses.



Monica Himmelman, an alumni services officer, shows an example of fundraising items. (Photo by Carly Benjamin)

## Alumni services raises money at convocation

By Carly Benjamin

The biggest moneymaker for alumni services centres around graduation ceremonies, when roses, frames, cameras and graduation photos are sold to graduates and their families.

The organization was to have a station set up just inside the doors of alumni hall to sell their fund-raising items.

Roses sell individually for \$3, packages of three cost \$9 and groups of six are \$18, which includes a water pick and baby's breath.

Due to the volume of sales at last year's convocation ceremonies, the number of roses ordered this year increased by 50, to 1,000.

The frames were available in wood for \$50 or brass for \$45 and both came with a mat.

Three volunteers were to be at convocation to frame diplomas immediately after graduates received them.

Monica Himmelman, an alumni services officer, said order forms for frames were sent out with the convocation packages last month for the students' convenience.

"One hundred and seventeen

frames have already been pre-ordered and paid for," she said. "Students can claim their frames by presenting their receipt and we will frame their new diplomas on the spot."

Disposable cameras, equipped with a flash, also were to be available to students for \$20. That price includes the cost of processing.

Himmelman said graduation caps could also be purchased for \$10 as a traditional symbol of students' accomplishments at school.

"Grad caps are a big seller," she said. "Students like to buy them as a souvenir of their success at Conestoga College."

Himmelman said there is not a huge markup on the items being sold because the purpose of the fund-raising is not to gouge the students.

"The graduates have earned this day and we are trying to make it special for them," she said. "Prices are kept reasonable but still provide alumni services with a profit."

She said alumni services has been fund-raising at convocation for about three years and the experience has always been positive.



International students Seliphab Phosalath (left) and Maonan Bi take part in a game of broomball at the Kenneth E. Hunter Recreation Centre June 18. (Photo by John Oberholtzer)



## Dog trainer utilizes unusual techniques

By Linda Wright

When someone says, it's Miller time, most people would think it's time for a beer.

But when the host of a seminar called Dog Training as Easy as 1-2-3 says it, her dogs know it is time to go out for a walk.

Linda Wiza, support staff in the special needs department at Conestoga College, and her husband Walter, were sitting around one evening watching TV and came up with the strange dog command.

"A Miller beer commercial came on one night and that's how we came up with the idea," she says.

Wiza held a question and answer forum June 10 at Conestoga College.

The conference was part of an employees for excellence in education (E3) program that was held June 9, 10 and 11.

It was Wiza's fourth time conducting the dog-training conference, that had about nine people in attendance.

Previous years have attracted about 15 people to her seminars.

This year Wiza says she might have been competing with other workshops that were in the same time slot.

Being a dog owner, she had a hard time finding answers to her dog questions, so she conducts the classes in a question and answer type format.

The questions vary from house-training problems to what kind of dog breed makes the best pet.

Labrador retrievers are notoriously bad for chewing, says Wiza. Chewing tends to run in certain breeds.

One of Wiza's dogs, Kit, an Australian shepherd, accompanies her to the dog-training seminars. "I bring him in to demon-

strate things like fitting different collars on," she says.

Along with Kit, Wiza brings in a green knapsack filled with items, including: Cothivet, a herbal spray for first-aid treatment for cuts; Pepto Bismol, for severe runs; Euphorbium Formulation, for allergies; and Pad Tough, which hardens the pads of the paws when in contact with hot cement.

These supplies can be purchased at the vet or the Pet Supply House in Oakville, Ont.

Other herbal remedies include bitter apple spray for chewing, fur biting and skin scratching.

If your dog is suffering from arthritis, glucosamine or shark cartilage gel caps are available from Zehrs under the brand name Herbal Select.

If your dog doesn't like gel caps, you can purchase shark cartilage cookies that are available at the Co-op store in Guelph.

Other items Wiza recommends are videos and books.

"I must have over 60 (dog) books," says Wiza. "I stopped counting."

The Art of Raising a Puppy by The Monks of New Skete is a good book she says.

Wiza also recommends the video Sirius Puppy Training by Dr. Ian Dunbar.

The video is available at Blockbuster in the wildlife section. "It can be watched over a weekend," she says.

Dunbar teaches obedience, commands, housebreaking and temperament training to help you with your new puppy.

Puppies are better than older dogs because mature dogs are harder to train. "Older dogs have more baggage," says Wiza. "With puppies you can train them the way you want."

When someone says, it's Miller time, most people would think it is time for a beer.

## Drinking a dangerous game

By Eileen Diniz

Alcohol and alcoholism affects men and women in entirely different ways, said Diane Penman, an addiction counsellor and senior staff member at Alcontrol Home, a support centre for alcoholic women.

She said alcohol is more dangerous for women because of an enzyme in the human body.

The enzyme is more plentiful in a man's stomach and is lacking in a woman's, so the alcohol is not broken down as fast and more ends up in their bloodstream.

Another reason alcohol is more dangerous to women is the fact that they have more fatty tissues in their bodies, which stores alcohol.

"The process eventually causes damage to the internal organs of all people who drink, but more quickly for women," Penman said.

She added that women need to

realize that realistically they can't match a man drink for drink.

Penman went on to say that men and women dealing with alcoholism drink for different reasons.

"There is a rule of thumb; men drink to celebrate and women drink to medicate," she said. "Actually, people drink thinking it will help them manage their lives."

There is also a higher social stigma attached to women who drink or women who are alcoholics in comparison to men who drink or are alcoholics.

"In society women are culturally socialized to be caretakers," she said. "They are supposed to be nurturing, not out and about."

The foreword of the Alcoholics Anonymous (AA) for Women handbook states, "Most of society tends to look with tolerance or even amusement on a male drunk, but recoils in distaste from a woman in

the same condition."

Penman said she occasionally has students come into the home for treatment.

"They usually do very good because they come in during the early stages of alcoholism."

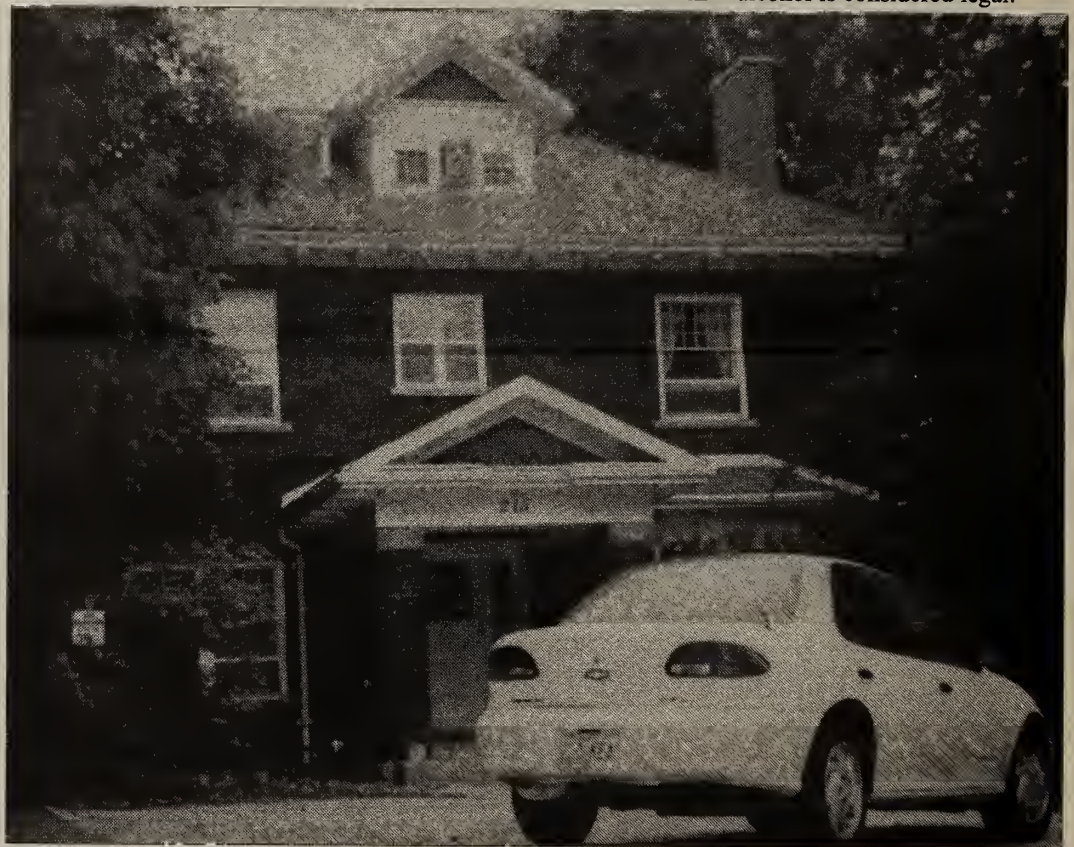
Many students start drinking excessively when they are in a new social setting, she said.

"They are in an experimental mode and they want to have a good time and be accepted by everyone," she said.

Students should know and understand what effect alcohol could have on them, she added.

"They should educate themselves and be extremely cautious with alcohol especially if they are using it for the first time."

She also said that there is no safe use of narcotics, which is growing in popularity at campuses across Canada and the U.S., or alcohol, even though alcohol is considered legal.



Alcontrol Home is a support centre for alcoholic women, located at 215 King St. S. in Waterloo. (Photo by Eileen Diniz)

## Counselling is not just for the sick, bad or crazy

By Michelle Lehmann

Carol Gregory, a counsellor and co-ordinator in student services, is part of the team dedicated to making student life easier at Conestoga College.

"All of our services fall under an umbrella of counselling," said Gregory. "We do personal, academic, financial and career counselling."

As a counsellor at Conestoga College for 15 years, Gregory said it is hard for people to come in and ask for help or admit they have a problem.

One way student services helps people become familiar with them is by visiting all first-year Strategies for Student Success classes. During this time counsellors introduce themselves and their services, said Gregory.

"We try to make it a little less intimidating to come to our door for help," she said. "It seems to help if they recognize a face."

Gregory said that it's important for people to know that the student services office is a resource for all students.

"We get a lot of students coming in," Gregory said. "We are absolutely booked wall to wall throughout the fall and winter semesters."

The counsellors try to normalize the whole process because everyone needs help or comfort sometime during their lives.

"I think your life is not just school, life is everything that happens to land on your plate at any given time," Gregory said. "There's all sorts of pieces that impact how you're doing."

She said she thinks counselling

is destigmatized today, making it easier for people to ask for help.

"People need to realize you don't have to be sick, bad or crazy to get counselling," she said. "It's part of personal growth and gives many people new opportunities."

Throughout the summer, student services is busy reviewing resources, working on meeting requirements for ISO certifications, learning about legal issues and developing workshops and support groups. (ISO is an internationally recognized standard of quality).

Student services offers a great deal of information on stress, disorders, medical practices and support groups.

"We must go through all of our community referrals to ensure they are accurate and up-to-date,"

said Gregory. "We need to know what's happening off campus with the services."

Something the counsellors are spending a great deal of time on this summer is the ISO for the college. Student services is analyzing every practice and process the college has to ensure all procedures are intact, she said.

Counsellors are also working hard to establish clear, legal protocol for themselves and for the students regarding issues of privacy and when to alert authorities, said Gregory.

She said some of the workshops student services offers assist students with test anxiety, self-esteem issues, time management skills and study methods. Student services is also developing models for the support programs for mature students and for gay and

lesbian students.

She said even though few people go to school during the summer, counsellors are still willing to help.

"No matter how busy we are and no matter what time of year it is, our services are always available for the students," said Gregory.

For Gregory, counselling is a positive thing. She said that usually when people come for help, it is because something has turned for them and they are ready for some significant changes in their life.

"It's a privilege to be able to sit down with someone, hear what they want to improve, offer suggestions and be a part of their journey," she said. "I really think it's wonderful to be able to actually see them change."



# Life skills manage time

By Eileen Diniz

Have you ever felt like you didn't have enough time to get everything done?

Time management is the secret of dealing with this feeling and accomplishing not only what has to be done, but also lots more.

Often, people feel confused, compromised, rushed and frustrated when they have a lot of different things to do.

Carol Gregory, a counsellor with student services, looks at time management a little differently and more realistically.

"I look at (time management) more as life management," she said. "Everyone has a different value system of what they want in life and how to get it."

Awareness of some contributors to a positive attitude can help lead to more effective time management, the student services time management pamphlet, out-

side Gregory's office states.

People should be aware of their biological rhythms and use them to their advantage. They should break tasks into smaller segments and reward themselves once these are accomplished. They should, also, be aware of physical characteristics of the work environment, which may hinder success.

**"It is a process of how to balance life, not just school."**

*Carol Gregory  
student services counsellor*

Gregory added that identifying goals, whether they are life goals, weekly goals or daily goals, is what is important.

"It is a process of how to balance life, not just school," she said.

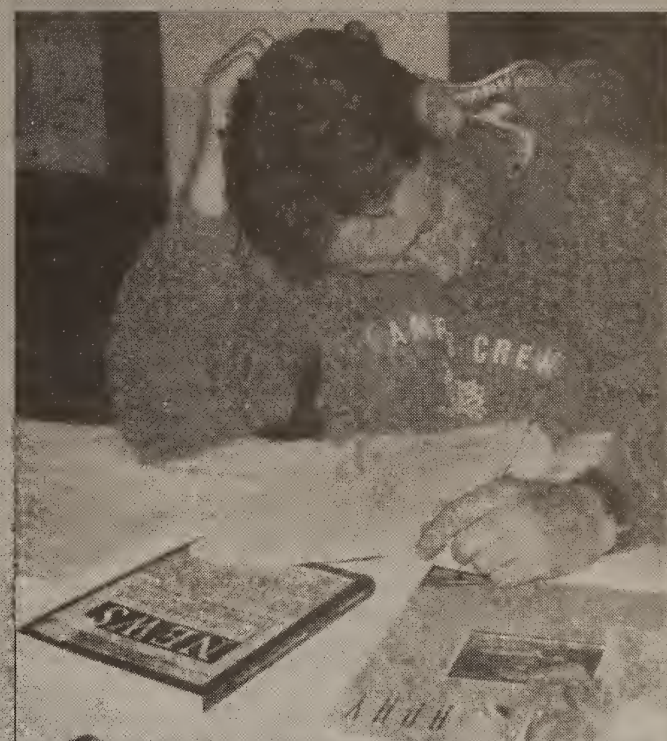
She said students should also learn to balance short-term and long-term goals, which include social, personal and academic aspects.

It is the Swiss cheese effect.

"Work on a project and break it down, piece by piece, to get to your goal," she said. "Take a look at it on paper and then look at what is possible and what is not."

She added that whether it is a topic, research or a phone call for a project, the main thing is to start somewhere and it won't be so overwhelming.

Specific techniques to managing time are outlined in the blue time management pamphlet. The techniques include developing an overview of what you want to accomplish, identifying goals in your life that are important, and anticipating deadlines and foreseeable crises.



Dealing with test anxiety or tension can interfere with your ability to prepare and perform on tests and similar events.

(Photo by Eileen Diniz)

## Performance affected Test anxiety a stress response

By Eileen Diniz

Gregory said.

Everyone has experienced some nervousness or tension before a big test or other important event in their lives.

"It is different from fear. It takes an internal form, with a vague sense that something bad is going to happen."

To help stop anxiety, she said, a student should identify the personality type they use the most and identify negative thoughts, then decide what is rational and what isn't.

Preparation is a good way to minimize rational anxiety.

You should also avoid cramming for tests. Combine all information you have learned throughout the

semester and try to master the main concepts; ask yourself questions you think may be on the test and answer them by integrating ideas from notes, tests and lectures.

The nervousness is called anxiety. Carol Gregory, a counsellor with student services, said it is a distress response.

"It is different from fear. It takes an internal form, with a vague sense that something bad is going to happen."

There are two types of anxiety.

One is a direct result of lack of preparation, which is considered a normal, rational reaction. The other type is being prepared, but still panicking and overreacting; this would not be considered rational.

Gregory said, according to a book entitled *The Anxiety and Phobia Workbook* by Edward Burne, there are four personality types when dealing with anxiety: the perfectionist, the critic, the worrier, and the victim.

"The perfectionist says 'I should'; the critic says 'what's the matter with me'; the worrier has the catastrophic thinking and says 'what if'; and the victim says 'I can't,'"

Gregory said deep breathing will help, in the case of anxiety, because in an anxiety attack the blood moves away from the head and brain.

"Deep breathing will help move the blood to the head and brain where it is needed," she said.

"Relaxation and focusing techniques are also helpful," she said.

On the day of a test you should avoid anything that may increase anxiety.

"Sugar, caffeine, pop, including Mountain Dew, (which contains caffeine) and lifestyle stressors, like not getting enough sleep, are known to increase anxiety," Gregory added.

More information can be found in the pink pamphlet, entitled *Test Anxiety*, outside the student services office.

## Waterloo Park Mutual Music Festival takes over Sounds of Summer on one-year break

OFF CAMPUS

By Lesley Turnbull

The Waterloo Park Mutual Music Festival replaced the Sounds of Summer Waterloo Music Festival this year.

"We're trying to develop a new vision and focus for Sounds of Summer," said Colleen Miller, special events co-ordinator for the City of Waterloo.

The Sounds of Summer Waterloo Music Festival has featured such bands as the Tragically Hip, Big Sugar, 54:40, the Sky Diggers, Colin James, Wide Mouth Mason and many other well-known bands. Approximately 10,000 to 15,000 people have attended each year.

Miller said Waterloo Days, which was the original Sounds of Summer, lasted for 15 years before it was reincarnated into Sounds of Summer.

"Now it's at that 15-year mark again," said Miller. "It's time to develop a new direction." Although Sounds of Summer organizers charged \$15 for entry to the festival, the Waterloo Park Mutual Music Festival was free of charge.

The festival, to be at the Centennial band shell in the west side of Waterloo Park on June 26,

was to feature The Fletcher Valve Drummers, Beverlie Robertson and Poor Charlie, the Pat Skinner Duo, the Matt Osborne Band and Mel Brown and the Homewreckers.

On June 27, performers were to include: the Kitchener-Waterloo Symphony Orchestra; Willem Moolenbeek, saxophonist, and Boyd McDonald, pianist; the



Colleen Miller sits at her desk surrounded by posters and brochures for the Waterloo Park Mutual Music Festival.

(Photo by Lesley Turnbull)

Waterloo Concert Band; and "Ellington is Forever" – a Duke Ellington tribute.

Scheduled in the special tent for kids on Sunday, was the Numus

were to be taken on site at the festival.

Girl guides were to be selling popcorn and drinking boxes to help finance their trip to Halifax to help with Habitat for Humanity.

Ben Hodson, a local artist, created the festival's brochure and poster illustration of a violin with a tree growing out of it and people sitting under the

Concerts Annual Fund-raising Read-A-Thon with Dr. Seuss as the author.

For \$1, kids were to be able to receive a tattoo of the festival's mascot – Duck Maestro. Face painting was offered by the Children's Wish Foundation.

Angelo's Chicken, Domino's Pizza, Charles Street Fries and an ice cream and fresh fruit vendor

tree.

The festival was sponsored by The Mutual Group and supported by The Record, Brick Brewery and the Kitchener-Waterloo Symphony.

"It's been an interesting three-way partnership with the Mutual Group, K-W Symphony and the City of Waterloo," Miller said. "It's worked out very well."

**"Now it's at that 15-year mark again... it's time to develop a new direction."**

*Colleen Miller*

*special events co-ordinator for the City of Waterloo*



# Y2K bug throwing new problems at firms

By Elizabeth Sackrider

When Jason Mask, a software technician at the college, first heard of the Y2K problem over seven years ago it didn't mean much to him, he said.

The computer problem was in the distant future and nobody could predict the chaos which would erupt.

"There wasn't any way to grasp how big the problem was back then," he said.

Y2K proved to be a very nasty computer glitch sending banks, hydro companies, and a lot of computer users into a frenzy.

For those who don't know yet,

Y2K primarily affects computer systems running by dates, such as those of banks and insurance companies. Computer programmers 30 years ago didn't take into account the upcoming year 2000 and used only a two-digit system for the dates.

Computer consultants all over the world have been struggling to get the problem under control by redesigning their software and doing Y2K tests.

According to Mask, the computer problem is basically under control at Conestoga College.

"There won't be too many problems now," he said. "Hardware has been doing testing

by setting the clocks ahead and by completing a Y2K compliance test."

As for the Y2K problem outside of Conestoga's walls, it is another story. According to Microsoft and the Year 2000 forum by Tenagra Systems new problems keep arising. Problems with embedded chips and foreign countries that refuse to admit Y2K even exists.

Mask disagreed with the larger companies and said the problem was, for the most part, under wraps.

"The problem is under control everywhere," said Mask. "Most of the major firms have done their work."

Firms may have done their work, but, like any virus, Y2K keeps throwing new problems into the equation. According to Tenagra Systems, most companies do have their major computer systems worked out but problems arise in other arenas.

As they search for potential problems that will occur after the millennium, a few non-computer devices were identified, fax machines that won't print January 1, 2000 on the top of incoming messages, air conditioning units which won't run and main control panels which cease to function.

According to Tenagra Systems

and other Y2K-related sites, a majority of European countries believe the computer glitch is an American plot.

When Stephanie Moore of the Giga Group Inc. was interviewed by a French journalist he bluntly asked her if the problem was hype just so American consulting firms could get money out of France.

What will the new millennium bug bring with it? Complete bedlam?

"It is a cause for concern," said Mask. "But it's not really that big of a deal. Don't run out and buy three months worth of food or anything."

## Slurpees beat the summer heat

By Elizabeth Sackrider

The sun glares through the windshield of your car. The sweat drips off in little beads from your head and your legs are stuck to the seat in a gooey mess.

As the temperature soars to the ultimate highs of the summer, everyone needs some relief.

One of the most popular ways to cool off, especially for students, is the Slurpee.

"It all depends on the day as to how many kids we get in," said Ian Conyard, who works at the 7-Eleven located at 648 King St. W. in Kitchener. "Sometimes we get up to 500 kids a day."

The neon-coloured slush in a cup as been called by fans an instant cool-down.

"As soon as the icy stuff hits my tongue, the cold runs all the way down to my belly," said Megan Vandercherchove, an 11-year-old Slurpee fan.

The cold drinks are not made with ice.

"The Slurpees are just pop syrup as far as I know," said Conyard.

The Slurpees are pop syrup, water and carbon dioxide combined in the mixing machines.

This simple recipe had added up for to a great profit for the variety chain since they started to sell them for a dime in 1966.

According to South Land Corp. (owners of 7-Eleven), the recipe began in 1959 by Dean Sperry and Omar Knedlik.

At first the Slurpees weren't a big hit; it took the marketing gimmicks of the 7-Eleven chain to increase their popularity.

In 1966, 7-Eleven purchased one of the \$3,000 mixing machines.

Since their origin, the Slurpee prices have inflated to 69, 79, 89 and 99 cents. One-and-a-third litres of the slush now is yours for \$1.09, if you can carry it out of the store.

The drinks come in various pop flavours, like Dr. Pepper and Coke. They also come in fruit flavours like orange and lemonade.

Just this summer South Land Corp., introduced coffee-flavoured Slurpees, which offer competition to the new Tim Horton's iced cappuchinos.

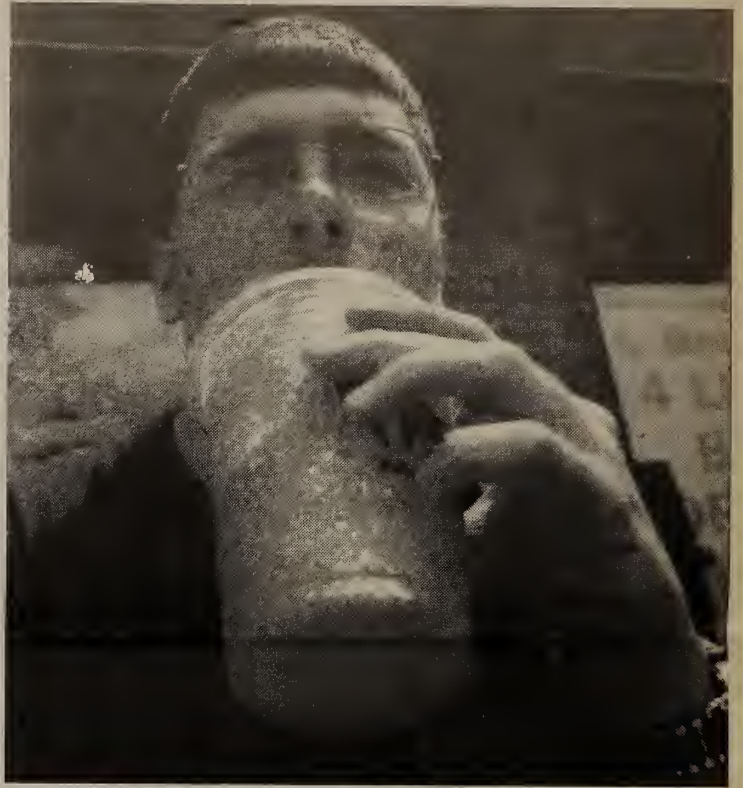
So what is the attraction to the icy drinks?

Most kids who consume the frozen drinks say they like them because they beat the heat and give them a sugar rush.

"I love Slurpees," said Chuck Renon, from Elmira. "I don't know if I would survive without them."

A survey done by 7-Eleven found the average age of the Slurpee buyer to be around 29 years old.

"I am not a kid anymore, but I live for these things," said 24-year-old Renon.



Chuck Renon enjoys an orange Slurpee outside 7-Eleven.

(Photo by Elizabeth Sackrider)

## Remembering



Don Helm, whose grandson Shawn was a classmate of Mark Gage, a Cambridge youth (who drowned in the Parkhill Dam on Aug. 12, 1998) visited the new memorial site dedicated to the memory of Gage and Const. David Rodney Nicholson last week.

(Photo By Wayne Collins)

## Catch-22 worthy of revisiting

By Angela Clayfield

Once you've read it you become part of the theme and you can't get away from it. You can't avoid reading it once it's been put in your hands.

If you don't read it you're missing out on one of the greatest books ever written and if you haven't read it (and old enough to have heard of it) you must be living under a rock.

Catch-22 has been reprinted once more for what seems like the zillionth time since its first publication in 1961 (in its first three years of existence, it was printed 11 times). This time, it includes a preface by the author, Joseph Heller.

It may only be a few pages or so, but it's most inspirational for anyone who wants to write — fact or fiction. He started writing Catch-22, his first novel, in 1955 and it took six years to get it to print. So if you want to be a writer and you think you're taking too long, don't worry. Good things do come to those who wait.

Heller, like any fine author, twists the English language in a way you won't find in a run-of-the-mill paper back novel off the discount rack. It's funny, (sometimes shocking), heart

### BOOK REVIEW

wrenching and downright strange.

It's the tale of a Second World War bombardier named Yossarian who tries in vain throughout the whole book to get himself grounded on terms of insanity so he doesn't have to fly any more missions. He learns that anyone who doesn't want to fly missions is sane and those who want to keep flying are insane. But they can't be grounded either unless they ask, but they don't ask because they want to keep flying missions. It's complex, but that's the catch, Catch-22.

His description of each character is so intense and detailed; when a character dies you feel the loss. You can't put a rating on a book that can do that to the reader, but six out of five comes to mind.

It's a great book, sure, but why review it again after 38 years?

Catch-22 was reviewed years after it was printed. In 1962, journalist Richard Starnes published a column praising Catch-22 opening with the words: "Yossarian will, I think, live a very long time."

It's true, he's alive and kicking and just as popular as he ever was. It's next to impossible to

find a used copy of the book, let alone a new edition. I couldn't even get it at the library because it was booked in advance. I had to borrow a copy and then be without until I could find one of my own.

I talked to many used bookstore owners and was told time and again that there is always someone looking for a copy, but to no avail. If a copy should find its way into their archives it doesn't stay for very long.

There are few words worthy enough to describe this book. It's funny, which is a great surprise if you only knew of it as war novel. I didn't know it was a comedy when I first picked it up and then I couldn't put it down. I brought it with me everywhere I went in hopes of a spare moment so I could read a few more pages. I was this weird girl with a book attached to my hands. It was nuts.

Heller will captivate you and invite you into the life of every character. He leaves no stone unturned in their psyches.

That's the Catch-22 for the reader. You're damned to be stuck to the book until you finish it because you have to know how it ends. Once you've finished it you're damned to be bored without it, so you pick it up again...



# Star Trek vs. Star Wars — no match

By Wayne Collins

One way to enjoy Paramount's Star Trek: Insurrection flick is to avoid George Lucas's Star Wars epic.

Comparisons are inevitable, considering the science fiction cravings of today's audiences, but hordes of Trekkies out there, no doubt, know that "the force" is with them also.

Insurrection, like most Star Trek productions, seeks not only to glaze the viewer's eyes with special effects but poses questions to our human morals and probes our intellect.

Principal photography on the film began in Los Angeles on March 31, 1998, and wrapped on July 2, 1998. Unlike past movies, over half of this one was shot outdoors in Lake Sherwood, near Thousand Oaks, Calif., and the mountains above Lake Sabrina in Sierra Nevada.

Although these scenes featured such science fiction imagery as miniature flying drones and the usual electronic gadgetry, the film clearly devoted itself to human issues as much as Star Wars clings to technological fantasy.

When Capt. Jean-Luc Picard (Patrick Stewart) learns that Lt. Cmdr. Data (Brent Spiner) has run amok and taken a cultured survey team hostage, his first concern is to save Data, who will

have to be destroyed if he can't be repaired. When Picard investigates, he finds something strange about the Ba'ku, the race the survey team was observing.

The Enterprise command team discovers there is more to the survey team than they'd been

ON THE SCALE...

★★★★★

told and Picard is soon forced to choose between disobeying a direct order and violating the Prime Directive. The team, as it turns out, is merely a cover for a plot to kidnap the Ba'ku en masse and exile them from their planet. Ru'afo (F. Murray Abraham), the Son'a leader has discovered the planet is bathed in metaphasic radiation, which reverses aging. What the Ba'ku, a race of only 600 people, have, the Son'a, an aged and dying race, want.

Picard confronts his superior officer, Admiral Dougherty (Anthony Zerbe) with what he's learned only to find that Dougherty and the Federation's top brass are part of the scheme.

"After all," said the admiral, "they are only 600. Why should they stand in the way of progress?"

Producer Rick Berman said

"there is the ruling element of the Federation itself, the more subtle, and perhaps more insidious, of enemies."

Star Trek has always been about its Prime Directive, which was designed to limit the arrogance of power, by forbidding the Federation from interfering with the natural development of other civilizations. As Berman said, "this is the story of Picard's realization that no matter how small the group of people might be, the principles of the Federation will be upheld."

Reprising their starring roles also, are Jonathan Frakes (Cmdr. William Riker), who directed the film, Le Var Burton (Lt. Cmdr. Geordi La Forge), Michael Dorn (Lt. Cmdr. Worf), Gates McFadden (Dr. Beverly Crusher) and Morina Sirtis (Counsellor Deanna Troi).

Scenes aboard the USS Enterprise are, as usual, spell-binding and spectacular but some of the "human" encounters are a bit stiff, if not corny at times. This cast has an obvious rapport, after making 179 television episodes and three films together, but Data's comedy bits are as funny as knock-knock jokes. Embarrassing at times.

Now that it's out on video, Trekkies can sip Insurrection's philosophical wine at home, while Star Wars junkies are left thirsting for another two years.

# Don't tamper with Hitchcock's Psycho

By Anna Sajfert

ON THE SCALE...

★★★★★

One bad move, more mistakes along the way and a Hitchcock classic is now in shambles.

Director Gus Van Sant's remake of the '60s thriller Psycho was a bad idea to begin with.

Why tamper with the greatest American classic? Hitchcock's

seminal horror film is ranked No. 18 on the American Film Institute's list of the greatest American movies of all time.

Van Sant's first and most obvious mistake was to suppress emotion from behind the cameras. While filming the remake, the crew inadvertently left out a major filming aspect, the feeling. The remake therefore lacks tension, horror or shock value. Those who've experienced the original will exit the theatre feeling unaffected by this frigid presentation.

While the plot reproduction will leave you feeling disengaged, the costume redesign will blind you. Don't expect a '90s avant-garde fashion show because what Van Sant gives you is nothing less of Marion Crane (Anne Heche) dressed in Audrey Hepburn's '50s

wardrobe.

Other mistakes are in the retooling of the entire plot. Van Sant vitiated the rising action, the climax and the denouement, which take a great landslide.

The claim that around 95 per cent of Van Sant's film was shot according to the original is not true. Approximately 60 per cent or less was shot by the book if you bear in mind that the scene in which Lila Crane and Sam Loomis meet the town sheriff outside a church was left out of Psycho '98.

In the key scenes Van Sant does follow the original set but sets up his own angles. The actors are now framed and positioned differently.

He makes a majority of Hitchcock's medium shots close-ups, which enhances the play of psychodrama.

Psycho '98 is not a total "re-creation" as it is a "re-tooling."

Some modifications of the plot are evident in the first minutes of the film. The late version stars a fly in the dingy motel room. Another scene where the director attempts to over-dramatize action is the infamous Norman Bates masturbation scene. This time the movie segment is louder and longer as Vince Vaughn (Bates) intensifies his uncensored acting skills.

While the plot point is modified in the new Psycho, the vast majority of the dialogue remains the same.

Overall, retooling a classic was a foreshadowed fall.

Check in.

Unpack.

Relax.

Take a shower.

(Internet photo)

## Getting ready for the links



Nathan Goetz, 21, of Simcoe, a second year general business student at Conestoga, prepares a display. Goetz is assistant manager of inventory control at Golfquip Inc. in Waterloo, a wholesale distribution centre for golf equipment. (Photo by Janet Wakutz)

Old CD Use # 94:

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**622-7774**

23 Wellington Road E,  
**GUELPH**  
(Across from Wendy's)  
**823-5341**



## Dayglo Abortions release seventh album



## Canadian drunk punks still smokin' and swillin'

## CD REVIEW

By Brian Gall

"After all these years, we do it just for the free beer."

Taken from the opening tune of their new album, *Death Race 2000*, that says it all for the Dayglo Abortions.

After almost 20 years, seven albums and 32,000 beers, Dayglo is still pumping out their classic inebriated punk rock.

With the return of The Cretin, who was missing for the last two releases, the band is back to playing the style of their infamous Two Dogs record.

Though Gymbo, who sang on both *Little Man in the Canoe* and *Corporate Whores*, is on the new one, he gets a bit shafted for singing space.

But that is the only thing worth complaining about.

This album is considerably slower than the Gymbo albums, but like the song *After All These Beers* says, it's been a long time since they started (around 1981), and the boys deserve credit for continually putting out awesome punk rock.

A greatest hits album, (*Stupid*

*World, Stupid Songs*) was released in late '98, and supplies all the goods in their portfolio.

Fans of early Dayglo albums will not be disappointed with

"After all these years, I've never shed any tears. I'm happy just to be here, drinking all your beer."

*After All These Beers*,

*Death Race 2000*, released in June on God Records. It has it all.

The Cretin supplies his warped, comical lyrics of old and prime guitar riffs. And the vocals, which are supremely recorded, sound even better when both singers tag-team on a few tunes.

Cool caricatures of the band, done by Gymbo, make up the artwork for the sleeve and look better than any boring, posed photos would.

An amazing live track is added

onto the end of *Death Race 2000*'s final song. It gives listeners a preview to what will be a crazy, toke-filled summer for the band. Packed into a smoking hot rod, the band is pounding along the road on the cover of the CD. And they'll be skidding their way across Canada while on tour all of July and August.

Ontario shows include: St. Catharines, July 14; London, July 16; Spiderland in Marmora, July 17; and Toronto, Aug. 1.

In *Chart* magazine's February issue, the most influential Canadian albums of the '80s were spotlighted. Dayglo's *Feed Us a Fetus*, released in 1985, made the list as did albums from Bryan Adams, Blue Rodeo and Corey Hart.

The Dayglo Abortions deserve more than this, but it's a start.

They're the kings of Canadian punk and *Chart* deserves a "cheers" for saying, "Nomeansno may be deeper thinkers and DOA may be more respected, but when it comes down to defining stupid, ignorant, dirty, snotty-punk rock, nobody beats the Dayglo Abortions."

## Big Sugar blow minds and ears at the Turret

## CONCERT REVIEW

By Adam Wilson

The Pepsi Taste Tour came back to the Turret on June 18 with their second concert in the series featuring Canadian rockers Big Sugar.

Having seen Big Sugar once before, I knew that I would be in for the loudest concert I would ever hear. Seeing the band's Marshall stacks lined up all over the stage confirmed what I already knew. I wouldn't be hearing anything for four to five hours after the show.

With no opening act, you knew as soon as you walked into the Turret that you were in for nothing but a hard rock/blues show that would blow your mind and eardrums.

Big Sugar was supposed to hit the stage at 10 p.m., but left the crowd salivating for an extra half-hour. When the lights went down and "Mr. Chill" Kelly Hoppe, Garry Lowe, original Big Sugar drummer Al

Cross, and the icon himself, Gordie Johnson, hit the stage, the crowd erupted with a frenzy and each band member cracked a small smile.

Big Sugar opened with the second single, *Better Get Used To It*, off their most recent album, *Heated*.

As soon as Johnson picked up his guitar the loudness began. Ear-splitting solos and heavy distortion were used throughout the show, but didn't take away from the overall performance. The lyrics weren't buried under the music so that you couldn't hear them. But you don't go to hear Johnson sing. You want to watch him play.

Big Sugar's set lasted for two hours and 10 minutes, including their 15-minute encore.

They played a wide variety of songs from their last three full-length albums, *500 Pounds*, *Hemi-Vision* and *Heated*. They played two songs from the E.P. they released between *Hemi-Vision* and *500 Pounds*, called *Dcar M.F.* They even found time to play a cover of The Police's *Bed's Too Big Without You* and a very spirited, show-closing rendition of *Oh Canada* in which Johnson proudly displayed the Canadian flag on the

underside of his guitar and played behind his head, not messing up a note along the way.

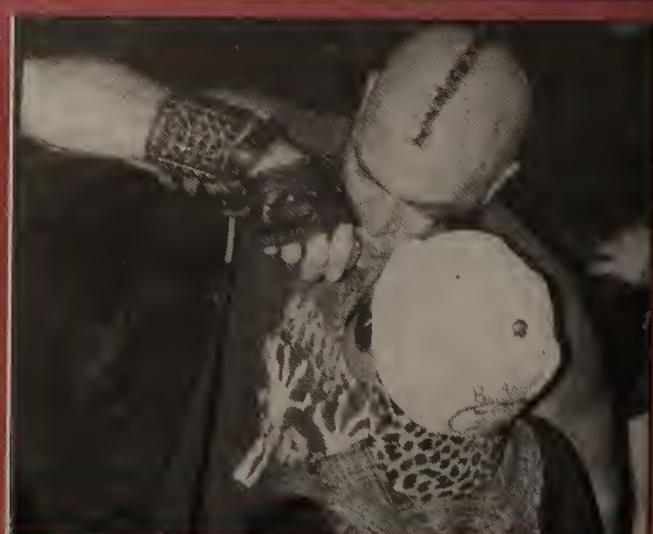
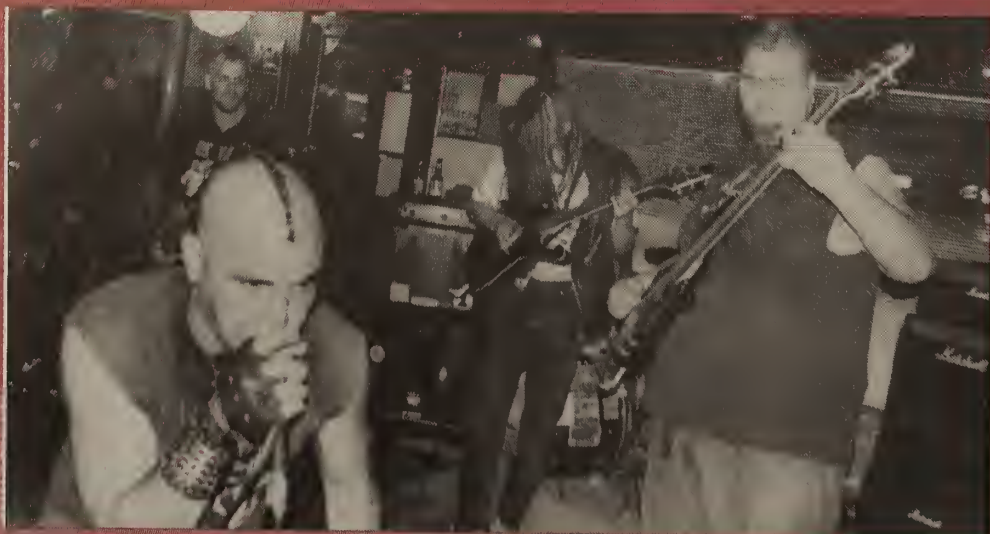
There was a decent crowd at the show, but it was easy to tell who was there to listen to Big Sugar, and who was there just because they won free tickets. Whenever the band played one of their hit songs like *Diggin' A Hole*, *The Scene*, *Turn The Lights On* and *If I Had My Way*, the fans went nuts. But it was songs like *Goodbye Train*, *Dear Mr.*

*Fantasy*, *Wild Ox Moan* and *100 Cigarettes* that made the show. Seeing the band put so much work into making the lesser known songs big with the crowd was amazing.

Johnson is easily the best Canadian guitarist of all time. People will dispute this, but seeing him take a four-minute song and add five minutes of wild guitar playing and soloing in the middle makes a true Big Sugar fan appreciate their music even more.

If you haven't seen Big Sugar, I highly suggest getting a ticket to see them the next time they're in town. And if you don't like Big Sugar, you're missing out on a great band that deserves all the publicity, awards and accolades it gets.

## Kings of Kensington on summer national tour



B.F.G. played the Mindbomb Cafe in St. Catharines June 19, as part of their Canadian tour. They covered New Brunswick, Quebec, Ontario and Manitoba in June. And they're heading west to visit The Dayglo Abortions in Victoria, B.C., in July.

(Photos by Brian Gall)